

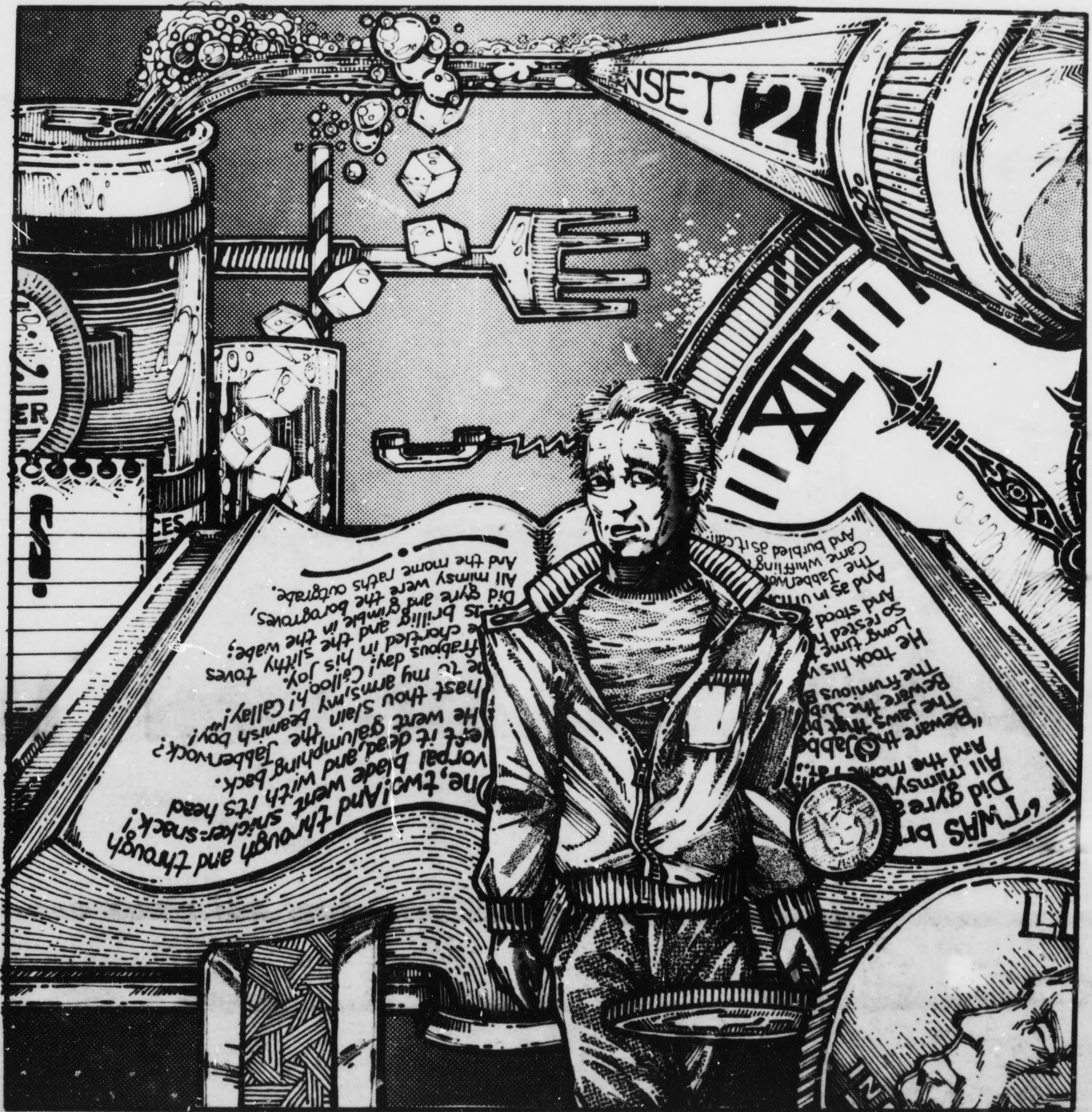
SURVIVAL GUIDE

A PRODUCTION OF THE STATE HORNET

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California State University, Sacramento

September 20, 1984





Legal Aid Service offers FREE legal aid for students. Advice, counseling and information is offered on a wide range of subjects, including divorce, small claims, criminal and housing problems. Call 454-6784 for an appointment.

Community Gardens has moved, if you haven't heard. Located adjacent to the ASI Recycling Center, the Community Gardens rent garden plots for \$12/year, for CSUS students, and \$18/year for non-CSUS students. Better yet, they provide everything from hoses to rakes. 454-7301 and ask for George.

Child Development Center provides a warm, enriched atmosphere for children, ages 6 mos. — 9 yrs. The center is open Monday thru Thursday 7:15 a.m. to 8:30 p.m. and Friday 7:15 a.m. to 5:30 p.m. Services are provided for children of students, faculty and staff of CSUS. Jobs are also available to students during the Fall semester. 454-6216.

Off-Campus Housing. Still looking for a roommate? The Off-Campus Housing Office is a great place to get one. Open Monday thru Friday, 8:30 a.m. to 4:30 p.m. 454-6787.

Business Office is setup to provide services to students. We will type your paper or resume, cash your check, sell you movie tickets to local theatres at a discount, sell you a postage stamp or bus pass, health insurance policy or dental plan. The Business Office also provides banking services for student clubs. Give us a call at 454-6276, or come by the office on the third floor of the University Union, daily between 8 a.m. and 5 p.m.

Recycling Center asks you to give a hoot, don't pollute! Too many recyclable items end up in the garbage. The ASI Recycling Center is open 7 days a week and is located at the south end of the campus. Bring us your aluminum, glass, and your masses of newspaper. We also accept cardboard, computer paper, oil and masses of newspaper. We also accept cardboard, computer paper, oil and wine bottles. Call 454-7301 for full details. Student Clubs — ask us about our money-making buy-back program.

Mountain Wolf Sports Shop is a complete recreational sports shop, offering substantial discounts to CSUS students. See us for bicycles, bike accessories, and quality bicycle repairs. We also have cross-country and down-hill skis for rent. Ask about our weekend packages including lift tickets! Now featuring tennis and racquetball equipment. Open Monday thru Friday 10:00 a.m. till 6:00 p.m. in temporary TW, across from the University Union. Call 454-6321.

CSUS Aquatic Center is one of the finest Aquatic and Boating Safety Centers in the state. A full range of academic and leisure classes are offered, including sailing, canoeing, kayaking, water-skiing, olympic rowing, windsurfing and keel boat. Classes are offered through the Extended Learning Program. Boats can be rented by CSUS students at minimum cost. Take the gang out to the Aquatic Center. Picnic areas are available with barbeques and sand volleyball courts. Call 985-7239 for a free class schedule or more information.



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Katie Rueb
Editor

Nancy Genis
Editorial Assistant

Sandra Arnaudo/Glen Cosby
Copy Editors

Michael Blanchard
Photography Editor

Sharon Sale
Typesetting

Leslie Johnson
Graphics Manager

Bill Stencik
Art Director

Elizabeth Mace/Robert Reed
Artists

Dee Schulz
Business Manager

Sue Gordon/Kelle Coyle/Ed Redford
Advertising

Bill Stencik
Cover Art

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Steve's Place Pizza, Etc. 813 Howe Avenue Sacramento 920-8600
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Wouldn't
an ice cold Coke
taste great
right now?

Coke is it!

THE STATE HORNET
THURSDAY, SEPTEMBER 20, 1984

College Living: The **Big** Choice

by Ty Wilson

Basically, you've got three choices when it comes to your accommodations while schooling. Certainly your choice of where you live — at home (for those near enough) in the dorms (for those brave enough) or in an apartment (for those rich enough) — affects the quality of your schoolwork, the grades based on that schoolwork, and, somewhere down the line, one's viability in the marketplace, in the "real world." Believe me, it can't be taken too lightly.

To be sure, it is not a pleasant prospect, whichever way you go, the mundane responsibilities of daily existence hedging in on one's holy and guarded calling to, say, human resources management, one's self-education, one's homework, one's eating habits.

Ah, eating. Eating can make staying at home the only selection imaginable, especially if you've ever had the veal parmigian at the dining commons, but the ol' hearth actually presents the most deceptive choice. There you are, fresh out of high school or one of the junior colleges, you've got all **YOUR** stuff in **YOUR** room, Mom cooks an incredible tuna casserole every Wednesday, there's the dog, so what's the hurry, right? Such is the bane of a happy childhood and a raging oedipal tendency.

But you really don't appreciate the details, the superficial security in being able to look out onto the same lawn each morning, until you find yourself hoarding quarters or trying to negotiate a dorm hall to the bathroom without opening your eyes.

At home, secretly, your head is saying the place is strictly for the undeclared, an outpost for the apathetic, alienated and underdeveloped, when the sense of refuge in the old neighborhood leaves with the last of one's more driven, dutiful friends. Call it just too practical, call it simply guilt, or have Mom call you when she's ironed the pink button-down.

So you venture out into the dorms. Hey, they're cheap, you can make reservations by mail if you're from out of town, and for the independent, it's the next best thing to being there. It's furnished, so to speak, and meals are included in the price. Of course, as mentioned, it's sometimes a long walk to the bathroom, and convincing yourself you can sleep with your bladder in such a state never lasts as long as the walk always seems.

The issue of the importance of a compatible roommate can't be emphasized enough. But, suffice it to say, if you are trying to sleep while roomie is stretching the "unrestricted noise until 1 a.m." rule into the school week, one must let himself be heard, even over the Scorpions.

Privacy can be a problem if being social is not your aim. There is the unspoken rule of leaving your door open or unlocked when you are in, allowing for the most spontaneous of one's hallmates to darken your door. And, of course, the one most spontaneous on your floor is always just who you'd like to have pop in, unleashing

current aphorisms like "Let's party, dude!" while you're trying to type that 10-pager due yesterday.

Living in an apartment is the ultimate in independent student living, allowing you to eat in bed, build beer-can pyramids in your windows, watch Letterman when you have

have grown with experience. Of course, the apartment complex will have its own set of rules, but chances are the police will come a-knockin' on your door and not the apartment manager. He'll see you later.

As for the apartment itself, never, repeat, never get a downstairs apartment. Even if

Even if there appears to be two anemic 98-pound coeds living above you, as soon as they go inside they become elephants, tusks and all.

an 8 a.m. class the next day, and enjoy television in the privacy of your bedroom with nothing but your bike to clutter the living room.

There are few rules outside the law and your conscience, which may or may not

there appears to be two anemic 98-pound coeds living above you, as soon as they go inside they become elephants, tusks and all. Guaranteed.

Of course, there is the matter of money when living on your own. Unless you have a

high-paying job, which itself cramps the lifestyle of any full-time student, there is only enough money for the necessary rent, utilities, and food. Forget about the payment on the GTI. You know, the one you could have afforded at home.

Oh, and domestic life: it's time to fend for oneself. You can either hoard the quarters or start wearing old gym shorts while your regular underwear ferments in the hamper. And as far as cooking goes, you can learn to prepare a variety of meals, each featuring the four basic food groups, or you can eat a half-gallon of chocolate-chip ice cream for dinner standing over the sink. It's up to you. And there's no sense wishing for even one slice of that dorm veal parmigian.

So, hey, be careful out there. Remember, there are disadvantages living any place that's not your own. And then some when it is. The only solution is to graduate, make the 30 or 40 grand, and get that place of your own so 20 years from now you can kick back and wax nostalgic about those wonderfully transient days at Sac State.



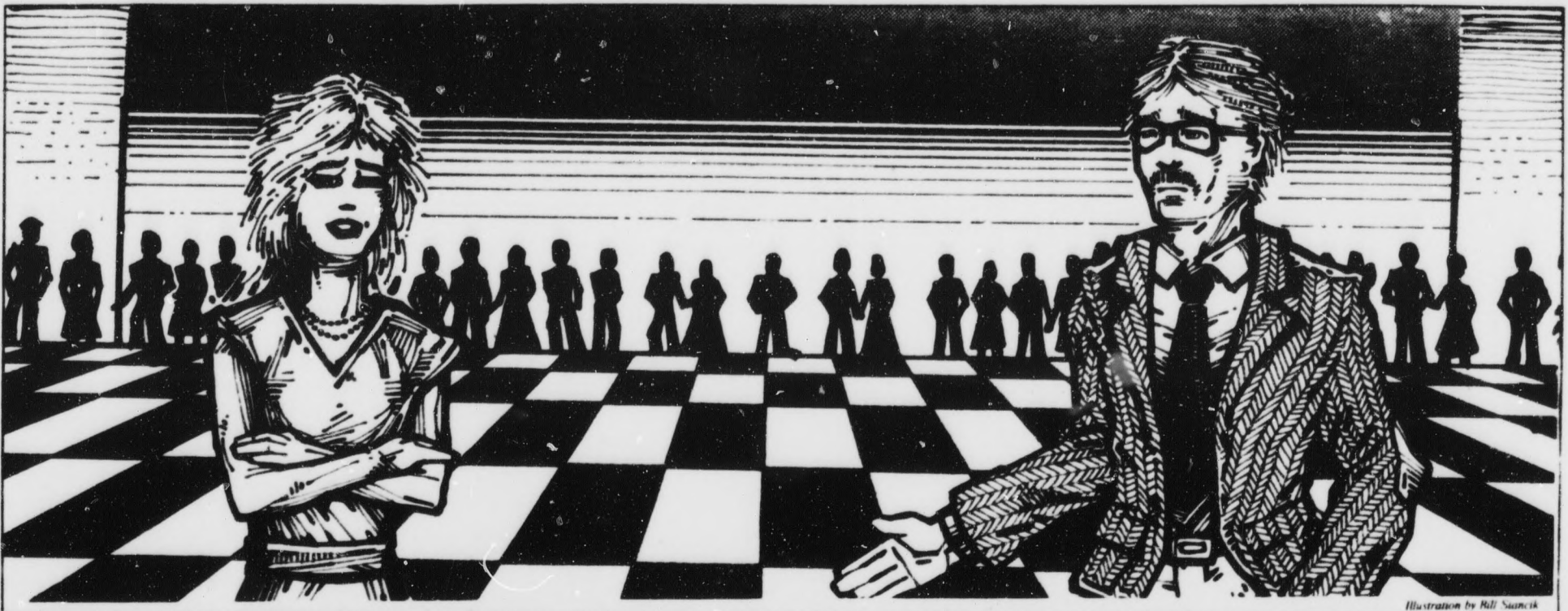


Illustration by Bill Sauter

Partying is A State Of Mind

A Look At Laputa

by Glen Cooley

I-Thou sat at an extremely exclusive restaurant and under the auspices of a rather sophisticated party, the kind the Greeks might have had at the time, or maybe at another. Everyone agreed it was better than meeting underground.

"My, my," gazed the debutante, quite overwhelmed with all of the attention she was receiving from the dandies present, "isn't this a magnificent party?"

"Yes," said I-Thou, "I see a great many promising aspects."

"Where are you from?" asked the young woman politely.

"Laputa," he answered.

"I'm not sure where that is," said she, looking unsophisticated at the moment. "Is it in California?"

I-Thou chuckled. It wasn't a malicious chuckle, mind you, just one of amusement.

"No, it isn't in California," he said. "It's more a state of mind, and one I had to escape."

The debutante looked perplexed and began to become irritated by I-Thou's answers. She accepted an invitation from a dandy and went off to the ballroom for a dance. When she returned, I-Thou was still there.

"You are a curious fellow," she said. "But tell me, what is this Laputa like? What do people do there?"

"Well," stammered I-Thou, slightly embarrassed by the question, "well, not much really. They have about ridiculous questions and issues and have one another with useless talk. They are very pleasant though, fluent in vocal graces. It's just that they never say anything that really matters. The people there are terribly lonely, but they do nothing to alleviate it. Besides, it's crowded, so very crowded."

Having grown interested, the debutante inquired I-Thou on the nature of "useless" things Laputians talk about. Reluctantly he answered.

"Money and pleasure make up the bulk of their conversation. In Laputa, those are the only socially acceptable means to happiness. Personally, I never agreed, so have left for good."

Offended, the debutante replied, "Why I see nothing useless in talking about money and pleasure. In fact I just had a dandy discussion with a young man on the merits of those very two things while we were dancing. What could be more relevant to life?"

On this point I-Thou wisely chose to remain silent. He paused a moment and looked about him. Upon returning his attention to the debutante he said, "I have been rude. I have failed to ask from where you come."

"Most recently the ballroom," she said glibly. "But originally I'm from Los Angeles. However I wouldn't call it a state of mind, that's just where I used to live."

"A state of body then?" asked I-Thou.

"If you prefer."

"And what is your name?" he asked.

"Diana," said she. "Diana Artemis. And yours?"

I-Thou smiled. "Diana Artemis — how lovely! It's Greek, isn't it?"

"Greek and Latin," she replied curtly. "Now what is your name?"

"I-Thou," he answered.

Diana smiled. "My, what a perfectly odd name. Tell me, is it Chinese?"

"No," said I-Thou. "It's German."

"I see," she said. "I was named after the Greek and Roman goddesses of chastity; does your name have any significance?"

I-Thou pondered a moment, then answered.

"Yes, for some people it does have some significance. My name describes a relationship. In a nutshell, I-Thou is the opposite of the kind of relationship in which two people view each other as objects by which to be profited or used to advantage. I-Thou describes a sort of humane mutuality."

By now Diana was quite bored and was looking for a dandy with whom to dance. However after a moment she returned her attention to I-Thou.

"So Mr. I-Thou, where do you live now?"

"Lucidity," he answered.

"Oh dear," she sighed. "Let me guess, another state of mind?"

"Yes," said he. "But much different from Laputa. In Lucidity, people know how to ask questions which really matter. The kind of friendships which were rare and took years to develop in Laputa are more plentiful and take much less time to develop in Lucidity. The trouble is, many Laputians have moved to Lucidity, but have not adopted our ways. As a result, we Lucid ones seldom meet one another any more, so we waste our good questions on Laputians who only want to talk about money and pleasure. You see, the only way to tell a Laputan from a Lucid person is to talk to them. Outwardly, they look the same."

I-Thou's inquisitive honesty made Diana feel red and uncomfortable, so she was quite pleased when he left alone.

Just then a rather ugly young man made a polite comment to Diana about how attractive she looked. She turned away sharply, utterly indignant.

"Did you hear what he said?" She looked at I-Thou. "He said I look attractive. Why, he's no dandy at all. I bet he just wants me to dance with him in the ballroom. He's so ugly, and not sophisticated at all!"

At this I-Thou could not restrain his laughter.

"Indeed! He is not. I believe I will go converse with him instead."

Diana looked mortified.

"Don't you want to know where I live?" she asked.

"You needn't tell me," said I-Thou, still laughing. "You are from Laputa."

River City Gets Review

Instead of reaching for that romantic novel this weekend, why don't you reach for Dorothy Kupcha's *The Big Tomato: A Guide to California's Capital City*. This book is filled with exciting and interesting places to visit in Sacramento (yes, there are some).

Not only does Kupcha list restaurants and nightclubs about town in this 87-page book, but she also tells of amusement centers, bargain shopping spots and annual events held in Sacramento. Did you know there is a downtown hardware store that has an underground firing range? Or that Sacramento has its own feminist bookstore? *The Big Tomato* reveals these and other unusual facts.

Designed not only for the new person in town or the visitor, Kupcha's work is also helpful to those of us who are Sacramento natives and think we know our way around. For instance, not everyone has dined at every restaurant in the city (at least we college students haven't) and would like some help in deciding where to take that special

date.

This Sacramento guidebook also highlights the many theaters, art galleries and orchestras in town, making it simple for the culturally-minded person to find fun. Did you know that almost 10 restaurants in Sacramento have art exhibits on display for their customers to view while they dine?

Kupcha, who has only lived in Sacramento six years, enjoys gathering trivial information. She says she loves to buy guidebooks in the cities she visits. Why not write her own?

The information Kupcha has compiled in *The Big Tomato* is both accurate and honest. The reviews are up-to-date and well-chosen.

The Big Tomato, which was published by Tomato Enterprises this year, is available at Tower, B. Dalton and Beer's bookstores for \$6.

So, before you reach for that novel, have a *Big Tomato*.



WAVES

WHAT'S NEW?

On October 11, 1984
CSUS Students will be hit
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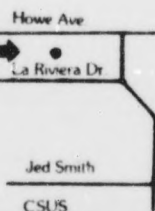
Monday — Friday 11:30 AM — 2:00 PM

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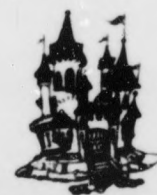
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Ken Kiplinger/The State Hornet

Well...It's All Greek To Me

by Katie Rueb

"Hello! My name is Suzie. What's yours?"

"Hi! I'm Jennifer — I'm a little sister for the Pikes."

"Oh really! I'm rushing to be a pledge for Alpha Chi Omega."

"That's great! I hope you get a bid."

"Thanks. I've got to go. Hope to see you at a mixer this semester."

To many, this conversation may sound like Greek. And actually, it is Greek. It is part of the language used by fraternity and sorority members on the CSUS campus and other universities around the states. Together they form what is known as the "Greek system."

Lynn Solomon, president of the CSUS Collegiate Panhellenic Association, describes a "Greek" as any student affiliated with a Greek-letter fraternity or sorority.

Why do students become Greeks? Junior transfer student Kara Barkhouse never thought she would. "I used to think a sorority girl typified someone who dressed nice, talked a lot and acted immature," recalled Barkhouse. She found out that was not true when she recently took part in sorority Rush.

Rush is a week-long period filled with parties and get-togethers in which a "rusher" meets members of all the sororities on campus.

"The girls were really welcoming," said Barkhouse. "You were never left alone. They asked you questions about school and your personal life."

During Rush, Barkhouse said she was treated with great respect. Sorority members treated her and other rushees to songs, skits, food and history lessons about each sorority. "They were never rude or made you feel bad," she explained. "For a moral booster it was great! The girls are all so nice it's almost overwhelming."

Meeting people is the main reason Barkhouse decided to go through Rush. "CSUS is a commuter college," she said, stressing this makes it difficult to meet people on campus. "I met more girls during Rush than all last semester (when she transferred to CSUS)."

After a week of Rush, Barkhouse was accepted as a pledge in Gamma Phi. Upon completing a semester as a pledge, Barkhouse will be named a sorority sister, a regular member of the sorority. "I hope to get some good friends, a lot of memories and take part in the alumni association (after graduating)," she said.

Intrafraternity Council (IFC) President Pitt Miller believes most students join fraternities and sororities for similar reasons as Barkhouse. "Meeting people is a big part of school," said Miller. He feels fraternities and sororities also serve as a learning experience.

'The image is going from the *Animal House* type of organization to competitive fraternities — those competitive in such areas as academics,'

Pitt Miller

"You learn how to get along with people, how to get things done and how to motivate others," he said. "The Greek system is offering an institution on campus for 'Students.'"

Miller pointed out that of the four sororities and nine fraternities on campus, each is involved in community, campus or charitable projects. For instance, each year the Pi Kappa Alpha fraternity donates time and money to the Child Care Center on campus and the Delta Gamma sorority gives funds to the blind students. Blood drives, wheelchair push-a-thons and wrist-wrestling tournaments are other activities many of the Greeks sponsor in order to raise money for charitable groups.

The silly and prankster image of past fraternities has changed, according to Miller. "The image is going from the 'Animal House' type of organization to competitive fraternities — those competitive in such areas as academics," he said.

One way fraternities are hoping to change their negative image is by holding dry rush parties — those without any alcohol. Mike Burns feels this is good.

Burns, president of Phi Kappa Alpha (Pikes) at CSUS, agrees the image of fraternities and sororities is evolving into that of more serious and meaningful organizations. "They are a way to get involved and grow socially," said Burns. "It's like a business in a way, but it's fun."

Through leadership workshops and seminars, members of the Pikes and other fraternities learn from alumni who are working in various fields of study. "It (a fraternity) offers new members a way to learn organizational skills — especially if they take on committees," said Burns. "They (fraternities) help members with school and time management." Burns believes these Greek organizations also help build self-confidence in members. "And for some, they offer a home," he said.



American

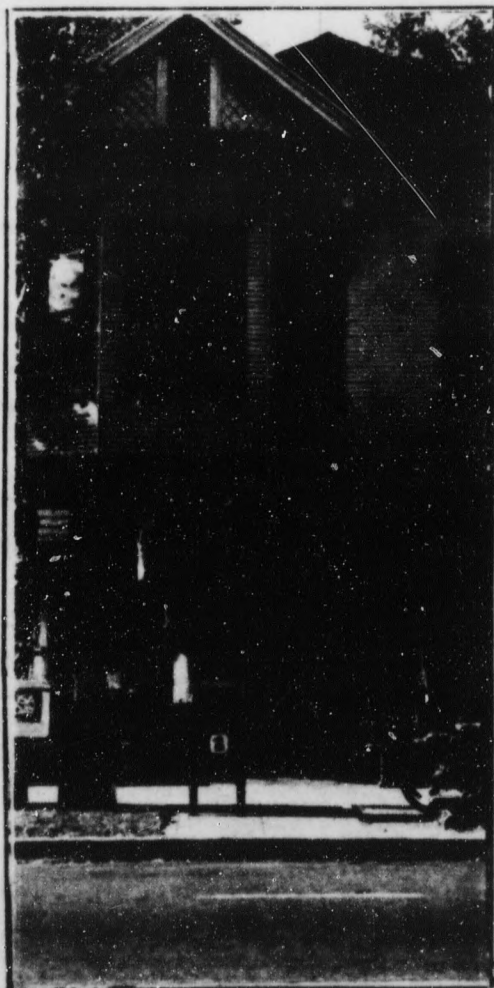
China Camp 1015 Front Street/441-7966

A California-Chinese restaurant with a mining camp theme, China Camp serves an assortment of American dishes marinated in Chinese herbs and spices. Dinner prices range from \$6.95 to \$15.95. Open Monday through Friday from 11:30 a.m.-2 p.m. for lunch and Monday through Thursday from 5:30-10 p.m., Friday and Saturday from 5:30-11 p.m. and Sunday 5-10 p.m. for dinner.

Offering such irresistible treats as chicken (deep-fried with orange sauce), rack of lamb and a variety of fresh fish, this restaurant offers something for everyone.

Pava's 2330 K Street/443-2397

This quaint restaurant serves such divine dinner specials as pasta and fresh fish. Dinner prices range from \$7.25 to \$11. Open Monday through Saturday from 8 a.m.-10 p.m. and Sunday from 9 a.m.-2 p.m.



THE STATE HORNET

Bobby McGee's Conglomeration 5623 Sunrise Blvd./966-1364

Specializing in a variety of seafood, steak and prime rib, this diner's delight offers soup and an unlimited salad bar with all entrees. Dinner prices range from \$7.75 to \$16.95. Open Monday through Thursday from 5:30-10 p.m., Friday and Saturday from 5-11 p.m. and Sunday from 5-9:30 p.m.

The atmosphere is unique; waiters and waitresses dress as various fairytale characters and super-heroes.

Red Apple Roadway Inn 3425 Orange Ave./488-4100

Whether searching for a dinner consisting of soup and a salad bar or steak and crab legs, you'll find it at the Red Apple. Dinner prices range from \$6.45 to \$11.95. Hours are Monday through Friday from 6:30 a.m.-2 p.m. and 5-10 p.m., Saturday from 5-10 p.m. and Sunday from 10 a.m.-2 p.m. and 5-10 p.m.

Live entertainment is featured in the lounge Tuesday through Saturday.

Carlos Murphy's 1801 Exposition Blvd./924-3447

How can you miss with specialties like barbecued spare ribs, T-bone steak and a Mexican steak burrito? Prices for dinner begin at \$4.95 and go up to \$10.95. Carlos Murphy's is open Monday through Thursday from 11 a.m.-10 p.m., Friday and Saturday from 11 a.m.-11 p.m. and Sunday from 10:30 a.m.-10:30 p.m.

Waiters and waitresses, clad in baseball uniforms and other informal outfits, create a fun and friendly atmosphere for customers.

Italian

Paragary's 1401 28th Street/457-5737

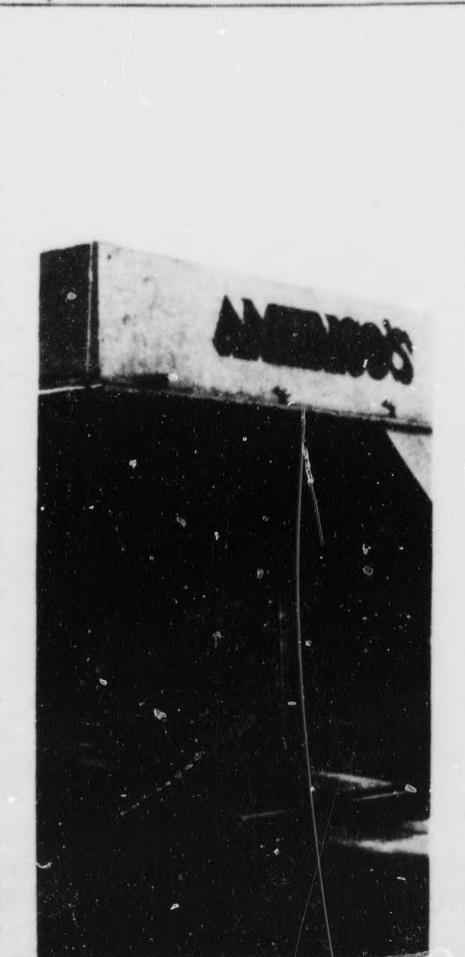
The menu changes weekly and each month a three-course meal is prepared by chef Biba Caggiano. The dinner menu always includes chicken, veal and beef. Prices range from \$14 to \$17 for dinner. Hours are Monday through Thursday from 11:30 a.m.-11 p.m., Friday 11:30 a.m.-midnight, Saturday 5 p.m.-midnight and Sunday from 5-10 p.m.

Fresh fish and pizza are served everyday.

Americo's Trattoria Italiana 2000 Capitol Ave./442-8119

Serves favorites such as Fettucini, Romano, ravioli, spaghetti and broiled saltimbolca. Dinner prices go from \$5.50 to \$13.25.

All dishes are prepared from scratch on the premises.



Mario's Italian Cellar 1730 L Street/442-9766

This is where to go when you've got a real appetite! This restaurant specializes in a seven-course family-style dinner. Spaghetti and all the traditionals are served. Dinner prices begin at \$3.75 and go to \$13.75. Open Monday through Friday from 11 a.m.-9 p.m. and Saturday 5-9:30 p.m.

The atmosphere is casual and comfortable.

DiCicco's Italian Restaurant and Pizzeria

7336 Fair Oaks Blvd./972-0361

Specializing in calzoni, DiCicco's also has chicken parmesan, lasagna and Fettucini Alfredo. Dinner prices begin at \$4.75 and go to \$9.75. Open Sunday through Thursday from 11 a.m.-11 p.m. and Friday and Saturday from 11 a.m.-midnight.

DiCicco's aims for a homey and comfortable atmosphere.

Continental/International

Rusty Duck 500 Bercut Drive/441-1191

Specializing in 15 to 20 different types of fresh fish each night, the Rusty Duck also serves such mouth-watering dinners as prime rib and, of course, duck. Prices range from \$8.95 to \$15.95 for dinner. Hours are Monday through Friday from 11:30 a.m.-2:30 p.m., Monday through Thursday from 5-10:30 p.m., Friday and Saturday 5-11:30 p.m. and Sunday from 10 a.m.-3 p.m.

This restaurant offers a picturesque view of the Sacramento River and provides live entertainment Tuesday through Saturday.

Cafe LaSalle 1028 2nd Street/442-9000

Specials of the day usually consist of fresh fish such as salmon, sturgeon and swordfish. Also on the menu are traditional Beef Wellington, lamb, veal and crab dinners. Dinner prices range from \$12.95 to \$18.95. Hours are Monday through Friday from 11:30 a.m.-2 p.m., Monday through Saturday from 5:30-9:30 p.m. and Sunday from 5-8:30 p.m.

An outside terrace makes for comfortable and quiet dining.

D. O. Mills & Co. 111 K Street/442-1866

This restaurant offers a variety of dishes, including beef, seafood and poultry. Prices begin at \$11.95 for dinner and go up to \$17.95. Open Monday through Friday from 11:30 a.m.-2:30 p.m., Monday through Thursday 6-10:30 p.m., Saturday noon to 3 p.m., Friday and Saturday 5:30-10:30 p.m. and Sunday 11:30 a.m.-2:30 p.m.

Live entertainment is provided on weekends.

Bull Market 815 11th Street/446-6757

Although the Bull Market serves traditional meals such as chicken, steak, pasta, lobster and veal, it also offers special flaming entrees, desserts and coffees. Prices begin at \$7.50 for dinner and stop at \$20.50. Open Monday through Friday from 7-10 a.m., 11 a.m.-3 p.m. and Monday through Saturday from 5-10:30 p.m. Sunday hours are from 5-9:30 p.m.

The high-backed booths and natural cedar surroundings give the Bull Market a romantic atmosphere.

ital S I N E

The Firehouse 1112 2nd Street/442-4772

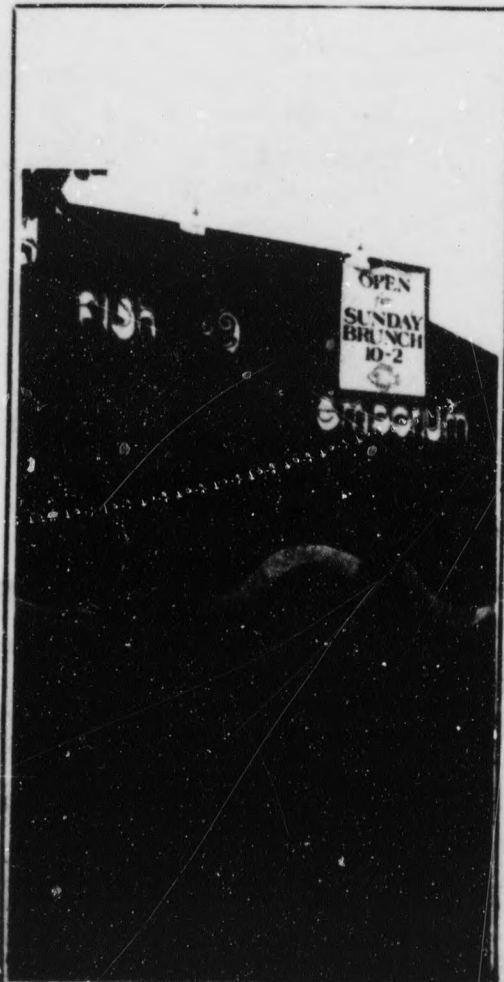
This restaurant offers such exotic dinners as Beef Huntington, mahimahi, rack of lamb and veal scalapini. Dinner prices begin at \$9.50 and go to \$22.50. Open Monday through Friday from 11:30 a.m.-2:15 p.m. and Monday through Saturday from 6-10:15 p.m.

A beautiful courtyard encircled by ivy and other plants is available for summer lunches.

Seafood

Fish Emporium 3800 J Street/452-4611

All dinners, which mainly consist of fresh seafood such as petrali sole and calamari, include shrimp salad and other trimmings. Dinner prices start at \$9 and go up to \$11. Open Monday through Friday from 11 a.m.-2 p.m., Monday through Thursday 5-10 p.m., Friday and Saturday from 5-11 p.m. and Sunday from 10 a.m.-2 p.m. and 5-9:30 p.m.



Monterey Bay Cannery 400 Becut Drive/441-FISH

The fresh fish always varies, and includes catfish, perch and red snapper. Scampi and crab dinners are also prepared. Dinner prices start at \$8 and end at \$20. Hours are Monday through Thursday from 11 a.m.-10 p.m., Friday and Saturday from 11 a.m.-11 p.m. and Sunday from 10 a.m.-10 p.m.

An oyster bar and fresh fish market are also available.

Stroh's Neptune Table 5990 South Land Park Drive/ 442-5903

If you like lobster, this is where you belong. Stroh's Neptune Table features a tank with live lobsters. Customers are allowed to choose their lobster from the tank for dinner. Dinner prices range from \$10.50 to \$23. Hours are Monday through Saturday from 11 a.m.-3 p.m., Tuesday through Saturday 4-11 p.m., Sunday and Monday from 4-10 p.m.

Other seafood entrees such as shrimp, sole and halibut are also offered.

Hungry Tiger 1375 Exposition Blvd./920-1331

Serves seafood dinners of fresh fish and Main lobster. Steak and clam chowder are also featured. Dinner prices range from \$6.95 to \$18. Hours are Monday through Friday from 11 a.m.-2:30 p.m., Sunday through Tuesday from 4-10 p.m., Wednesday and Thursday 4-10:30 p.m., Friday and Saturday 4-11 p.m.

Live entertainment is provided in the bar Wednesday through Saturday.

Oriental

China Palace 3022 L Street/456-7207

Serves three house specialties each night: braised chicken, shrimp and scallops and beef. Dinner prices begin at \$4.75 and go to \$10.75. Hours are Monday through Thursday from 11 a.m.-9 p.m., Friday 11 a.m.-10 p.m., Saturday 2-10 p.m. and Sunday noon to 9 p.m.

One highlight is a private banquet room able to seat 140 people.

Frank Fat's 806 L Street/442-7092

Specializes in popstickers, lotus leaf chicken and steak and lobster. Prices range from \$5 to \$23 for dinner. Open Monday through Friday 11:15 a.m.-2 p.m. and 5:30-10 p.m., Saturday and Sunday from 5-10 p.m.

A popular spot for the influential business crowd about town, Frank Fat's offers the best in elegant dining.



Coral Reef 2795 Fulton Ave./483-5551

Offers authentic dishes such as chicken chow mein, shrimp chow dun and lung fung kow. Dinner prices range from \$3.15 to \$15.25. Open Monday through Thursday from 5-11 p.m., Friday and Saturday 5-11:30 p.m. and Sunday from 3-10:30 p.m.

American dishes such as sirloin steak and barbecued spare ribs are also available.

New Lu Shan Chinese Buffet 403 J Street/444-2543

Offers fried prawns, barbecued spare ribs, pork, sweet and sour, chow yuk, chow mein and much more. Dinner price of \$6.25 includes all you can eat. Drinks are extra. Open Monday through Saturday from 11 a.m.-9 p.m. and Sunday noon to 9 p.m.

Mexican

Casa Maria 1598 Arden Way/927-0071

Specials of the day include various "Casa Creations." Other dinners served are tostadas, marinated tenderloin tips and the grande platter. Dinner prices begin at \$4.95 and reach \$9.95. Open Monday through Thursday from 11 a.m.-10 p.m. and Friday and Saturday from 11 a.m.-11 p.m. and Sunday 10 a.m.-10 p.m.

An authentic Mexican atmosphere is created at Casa Maria.

Los Padres 106 J Street/443-6376

The most popular entree seems to be the flauta, a king size flour tortilla deepfried and served with guacamole and other goodies on top. Prices are from \$7.25 to \$10.95 for dinner. Hours are Monday through Thursday from 11 a.m.-9:30 p.m., Friday and Saturday from 9 a.m.-10 p.m.

An enclosed patio filled with fresh plants makes for special seating.

French

Aldo's 2914-16 Pasatiempo Lane/483-5031

Aldo's offers such delights as Chicken Jerusalem, tornados (fillet of beef with mushroom sauce) and abalone. Dinner prices start at \$10, except for nightly specials which are always \$6.80, and reach \$26. Open Monday through Saturday from 11:30 a.m.-2:30 p.m. and 6 to 10 p.m.

Each evening music fills the air as a pianist plays classical pieces.

Wulff's 2333 Fair Oaks Blvd./922-8575

Rabbit cooked with a white wine sauce and duck cooked with natural juices and cream sauce are just two of Wulff's specials. Dinner prices range from \$10.75 to \$14.95. Hours are Tuesday through Friday from 11:30 a.m.-2 p.m., Tuesday through Thursday from 6-9:30 p.m. and Friday through Saturday from 6-10:30 p.m.

The restaurant attempts to serve traditional French dishes in the atmosphere of a French country inn.

Restaurant photos by Michael Blanchard.



Alan Tajeron/The State Hornet

Susan Lardoza (left) and Susan Weiler (right) enjoy a cool treat at the Ice Creamery.

There's Munch Around Campus

Whether you're in the mood to munch popcorn, or if you'd rather relax and enjoy a piece of quiche and a glass of wine, campus eateries at CSUS offer students a wide selection of food services.

For those interested in occasional live entertainment and freshly brewed coffee, the **Coffee House** is for you. Located in the University Union, the menu offers soup and sandwiches, nachos and a variety of beverages (including wine and beer). A great place to meet friends for a mid-afternoon coffee break.

Built last year, just west of the library quad, is the **Outpost**. This quick stop is the only place on campus where a popcorn lover can order this treat. The **Outpost** also has soup, sandwiches and various pastries, as well as soft drinks.

One of the coolest places on campus is the **Ice Creamery**, located in the Union. This tiny shop packs in the customers daily. It rotates 40 flavors and features daily specials. Milk-shakes, single and double scoop cones, banana splits and sundaes are all made with Gunther's fresh quality ice cream. Every sweet tooth can be satisfied here.

The **Hornets Nest**, which serves hundreds of hungry and weary students, is located in the Union and offers a large seating area. Salads, grilled burgers and sandwiches are served for both lunch and dinner. Hot and cold beverages and desserts are also available.

The **Pub**, located in the Food Service building, is unique in that it offers thirsty students over 24 specialty beers. Surrounded by dim lighting and stained-glass windows, The **Pub's** food selection includes Mexican entrees, salads, sandwiches, pizza and varied daily specials like quiches. This is a favorite spot for students who enjoy ending or interrupting the day with a beer.

In contrast to The **Pub's** relaxed atmosphere, just around the corner is the **Koin Kafe** where numerous vending machines are located. From apples to coke to sandwiches, this quick stop can satisfy those rushing students with loose change in their pockets. There are also numerous tables and chairs for studying and socializing.

The **North Dining Room** is situated in the Food Service building. It's similar in size and menu to the **Hornet's Nest** located across campus.

Near the Student Service Center is the **Roundhouse** which helps students surpass their hunger until lunch or dinner. In this circular building, salads to-go, sandwiches, fruit, soup and candy are sold. Soft drinks and hot coffee are also available. Vending machines are used by those students who are in a hurry.

If you don't enjoy standing in line for food and you do enjoy having waiter service, the **Sequoia Room** in the University Union is the place to go. Luncheon plates, which vary throughout the year, are served daily. Staff, faculty and students are all welcome to this luncheon spot. Visa and MasterCard are honored.

If you're interested in a short break and are craving sweets and goodies, try the **Union Station** in the Union. Pastries, gourmet cookies and brownies are the delectables offered, along with fresh espresso, cappuccino and ground coffee. A popular stop with students who like to visit while enjoying treats and hot drinks.

For extra-fast service, **Meals on Wheels**, trucks and carts packed with donuts, fruit, snacks and sandwiches, are located in certain areas on campus.

With the varied and numerous food selection items that are offered throughout the university, CSUS students should never have to sit through a lecture on an empty stomach.

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Black Angus 6601 Florin Road 7925 Greenback Lane

Well drinks \$1.25, strawberry daiquiris and margaritas \$1.50 Monday through Friday from 4 to 6 p.m., served with nachos. Special happy hour on Wednesday night lasts from 9:30 p.m. to 1:30 a.m. 381-4900 and 726-3300.

Brother Oliver's 5220 Manzanita Ave.

Features a two-for-one special on all drinks except imported beer and wine Monday through Friday from 11:30 a.m. to 6 p.m. and Sunday from 4:30 to 6 p.m. On Monday and Tuesday from 8 p.m. to midnight, all beer, wine and well drinks are two-for-one. Also, Wednesday is Hawaiian nite, with mai tais on sale for \$1.50 all day long, as well as two-for-one specials. Thursday is ladies' night, well drinks are 75¢ and all others are two-for-one. 334-0606.

Bobby McGee's 5623 Sunrise Blvd.

Two-for-one well drinks and highballs Monday through Friday from 4-8 p.m. One dollar draft beer and wine is also featured. Drinks are served with sandwiches, fruits, veggies, chips, dips, and fish sticks. There is a dress code — no tennis shoes, thongs or faded jeans. Men must wear shirts with collars. 966-1364.

Carlos Murphy's 1801 Exposition Blvd.

Offers well drinks for \$1.25 and margaritas for \$1.50 Monday through Friday from 4-7 p.m. Buffet-style food is offered nightly, which often includes cheeses, meat, dips, veggies, zucchini and barbecued spare ribs. 924-3447.

Cask 'N Cleaver 9584 Micron

Specializes in two for one drinks Monday through Friday from 4 to 7 p.m. Late night happy hour — from 10 p.m. until 2 a.m. — is offered every night and features \$1 well drinks, wine and draft beer. Buffet includes cheeses, pretzels, deep-fried cheeseballs, chips, dips, veggies and chicken nuggets. 364-1231.

Delta Queen 1107 Front Street

Specials include \$1 well drinks and 50¢ draft beer Monday through Sunday from 4 to 6 p.m. Three oysters in the half-shell are offered for \$1. 446-0940

Fanny Ann's Saloon 1023 2nd Street

Features 89¢ well drinks and 69¢ beer or \$2.39 pitchers of beer. Lasts from 5 until 7 p.m. Monday through Friday. 441-0505.

TGI Friday's 1229 Howe Ave.

Runs Monday through Friday from 4:30-6:30 p.m. Offers doubles on alcoholic drinks for the regular price of one drink. Wine is \$1.85 and beer ranges from \$2 to \$3. Drinks often served with corn dogs, cheese and crackers, Chinese food and tacos. 925-5766.

The Graduate 900 University Ave.

Mugs of beer are sold for 35¢, pitchers for \$2.25 and all well drinks and margaritas are 95¢. A half liter of Long Island iced tea is \$2.25. Prices are effective from 4 to 7 p.m. Monday through Friday. Free popcorn, chips and salsa are also served. 922-0335.

Howie's Bar & Grille 1900 Canterbury Road

Well drinks are \$1.25, beer \$1.25 and up on Monday through Friday from 4 to 6:30 p.m. Also offers an oyster bar for \$1.85. Includes selection of shrimp and clams. 925-3199.

Hungry Tiger 1275 Exposition Blvd.

Features well drinks, draft beer and wine for \$1 from 4-7 p.m. Monday through Friday. Drinks served with sardines, chicken, meatballs, fruit, chips and dips.

Lord Beaverbrook 2384 Fair Oaks Blvd.

Features 75¢ draft beer, 89¢ well drinks and \$1 wine Monday through Friday from 6 to 8 p.m. Free deli tray and one hot entree (i.e. burritos and tacos) offered nightly. 486-2721.

Los Padres J and the Embarradero

All beer, wine and well drinks \$1 between 4-6 p.m. Monday through Friday. Drinks served in combination with chips and salsa, chicken wings, guacamole, quesadillas or tacquitos. 443-6376.

McBride's 1204 Howe Ave.

Well drinks, margaritas, wine and Long Island iced tea for \$1.25. A calendar is assembled each month, listing drink specials. Ice cream drinks served for \$1.25. Lasts from 4 to 7 p.m. everyday. 921-2278.

Melarkey's Place 1517 Broadway

Domestic beer for \$1 and all well drinks for \$1.25 from 5-7 p.m. Monday through Thursday and 4-6 p.m. on Fridays. Drinks are served with hours d'oeuvres. 448-2797.

Old San Francisco Express Restaurant 9880 Business Park Drive

Well drinks 75¢, draft beer 50¢ Monday through Friday from 4-6 p.m. Sometimes served with ravioli, pizza bread or spaghetti. 361-3693.

Plankhouse Restaurant 1780 Challenge Way

Specialize in \$1.90 well drinks with double shots and Long Island iced teas for \$2 from 4 to 7 p.m. Hot appetizers, including tacos, pizza, and chicken wings are also served. 922-4572.

Red Robin Restaurant 2751 Fulton Ave.

Features well drinks served in double shots for the price of one. Draft beer is 75¢ and house wine \$1 Monday through Friday from 3:30-6:30 p.m. 485-4886.

Shepherd's Inn 11275 Folsom Blvd.

Beer and well drinks \$1 from 4-6 p.m. Monday through Friday. Free food tray includes hot and cold sandwiches, nachos and one hot dish. 636-6886.

Tampico Lil's 155 Cadillac Drive

Monday through Friday from 4-8 p.m., well drinks are \$1.25 and margaritas \$1.50. Thursday night special includes pitcher of beer for \$1.75 or \$1 after 8 p.m., with a cover charge. 922-3657.

Tequila Willie's Saloon & Grill 1212 Howe Ave.

Various drink specials are offered everyday from 3-6 p.m. A late-night happy hour Monday through Thursday features margaritas for \$1.50. Main specials are announced nightly. 924-4000.

The Union 117 J Street

Drinks are two-for-one Monday through Friday from 4:30 - 7:30 p.m. Prices range from \$1.25 to \$3.50. Free appetizers include popcorn, chips and veggies. 448-6466.

The Victoria Station 1792 Tribute Road

Draft beer and wine are sold for 75¢, well drinks for 85¢. Lasts from 3:30-6 p.m. Chips, salsa and potato skins are sometimes provided. 922-8866.

Kickin' Those Baby Blues

by Nancy Genis

"Mom" — that's my name. It is commonly known that young children need to be with a parent. The quantity of a parent's time is very important to a child. My husband and I feel strongly about this, so when our children were born he kept working and I stayed home with the kids.

I took part in many of the satisfying aspects of being a parent — I read many books on child development and spent hours rocking my babies. In doing so I felt I gave part of myself to ensure their strength and security for later in their lives. I found this job of being a stay-at-home parent much harder than I thought it would be. Like many others, I guess I had to experience parenthood to understand it.

After years of being "Mom" I noticed I rocked when standing and talking to someone (without holding a baby) and automatically looked at kids' clothes first in every department store. However, I knew I needed a change when I found myself moving my husband's glass so he wouldn't spill his water!

Three semesters ago I went "back to school." Within a few days of classes I learned to sling a backpack like a pro, drop and add classes and find all the buildings on campus. However, part of me still thought about what to make for dinner during lecture. I also found myself studying other students to see if they were as "mature an adult" as I. Much to my relief I found I looked like many others. I started studying other students' eyes to see if they looked as exhausted as I felt, because even though I was a student carrying nine units, I was still doing too much at home. I cleaned, cooked, sorted laundry, picked up and dropped off kids, bought birthday presents, checked homework and was a psychologist when problems arose. I never stopped running.

Finally we had family meetings and I told my crew I couldn't keep up the pace. The chore wars began. I gave up the mending, ironing, cabinet cleaning, and coupon clipping. Everyone took on their own laundry sorting and my husband began to drive some of the car pools and started the grocery shopping. Everyone cleaned on Saturday.

I had always been a list-maker but now lists become a necessity for everyone. We had chore lists, errand lists and menu lists. I kept a calendar at all times to avoid conflicts between the children's events and my school events.

There were bumps in the road. I had terrible pangs of guilt when I saw other children's clothes all neat and pressed when my kids had long hair or stained shirts. But I forced myself to keep going.

I learned to cook convenience foods and we ate a lot of sandwiches. The kids clipped discount coupons for nearby pizza parlors and we would all make a salad to go with the pizza. When cookies were due for a PTA meeting and no one could make them, we bought them at Safeway.

Encouraged by good grades and supportive professors, I pressed on in school. The second semester I raced between 12 units and picking up my youngest child from kindergarten at 12:15 p.m. By mid-terms, we found a bag of rotten potatoes on the back porch covered with kids' clothes, now outgrown. I almost cried...no, I did cry.

I began to notice how many people expected me to be Super Mom. The doctors and dentist's offices called me and not my husband when things came up about the

children. I quickly regrouped and told the older children they would have to be responsible for keeping track of their appointments. Slowly I received less phone calls and the children became more self-reliant.

For others in need of survival suggestions I recommend health, flexibility and organization. And if you should think there is absolutely nothing for dinner, remember, there is always that coupon for the family size pizza in the drawer.



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DORM DAZE

Dorm life is like summer camp with books. But all the same, the days can blend into one another after a while. Make no mistake, there are bright points in a busy class schedule. Below, Tom Lister finds the pool a good place to flip out. Left, a dance at Jenkins Hall proves a good place to trip the light fantastic. Upper right, Todd Utech enjoys not only the Fruit Loops but the often bizarre Dining Commons' humor.



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Photos and Text
by Michael Blanchard

Laughs Unlimited

Sacramento's Comedy Club

Have you had a good laugh lately? If not, you probably haven't been to Laughs Unlimited, a comedy showroom located on Firehouse Alley in Old Sacramento.

Laughs Unlimited, now in its fifth year, brings up-and-coming talent to Sacramento every Tuesday through Sunday night. Show times are 8 p.m. during the week, with a 10:30 p.m. show added on Fridays and Saturdays.

A second location was recently added in Birdcage Walk, in Citrus Heights. Only beer and wine are served, but according to owner Scott Edwards, "It's the same quality show."



Admission is \$5 during the week, \$6 Friday and Saturday. The house, which seats approximately 200 people, sells out fast, particularly on weekends. Reservations are highly recommended.

The idea to establish a comedy nightclub in Sacramento came from Edwards, a former insurance salesman, who visited The Comedy Store in Los Angeles and decided Sacramento needed a similar attraction.

Edward's club started off small, but attendance has grown steadily as headliners with statewide and even national reputations eventually were enticed to perform.

Still, the anteroom, (which serves as a bar for individuals to tap while waiting in line) is lined with nearly 100 autographed photos from headliners such as Pat Paulsen, Kevin Nealon and James Wesley Jackson. Opening performers work 30 minutes, headliners about 45.

What gives Laughs Unlimited an added dimension over The Comedy Store and San Francisco's Punch Line is a complete sandwich and dinner menu, plus a pleasant after-show lounge where patrons can continue the festivities.

Among the items on the menu are \$3.50 sandwiches, soups, chips, quesadillas and pasta dishes. Upstairs, patrons can use the Magic Hat Lounge after the show. Well drinks and wine are \$1 and draft beer is 50 cents.

Bob Saget will be headlining this weekend at Firehouse Alley and Denny Johnson plays at Birdcage.

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Sites To See

Those interesting and educational spots in the city.

Governor's Mansion, 16th and H Streets

This Victorian-Gothic mansion was built in 1877-78. It is open daily, 10 a.m. to 4 p.m. on weekdays and 10 a.m. to 4:30 p.m. on weekends. Tours are conducted every hour on weekdays, and every half-hour on weekends. Adults 50¢, children 25¢. 445-4209.

Sutter's Fort, 27th and L Streets

The reconstructed site of the original settlement founded by Captain John A. Sutter in 1839, it is open daily 10 a.m. to 5 p.m. The final tour is at 4 p.m. Rangers fire cannon at 11 a.m. and 2 p.m. daily. Adults 50¢, children 25¢. 445-4209.

California State Railroad Museum, 125 I Street

Sacramento's grandest museum includes 100,000 square feet of historic locomotives, cars and exhibits. It is open daily from 10 a.m. to 5 p.m. General admission is \$2, children \$1. 445-4209.

Central Pacific Passenger Station, Front and J Streets

This is a reconstruction of the first transcontinental railroad's western terminus. It is open daily from 10 a.m. to 5 p.m. Same day admission is included with the Railroad Museum. 445-4209.

E. B. Crocker Art Museum, 216 O Street

Built in 1870-74 for the private art collection of Judge Crocker, this Victorian mansion is the oldest art museum in the West. It is open 2 to 10 p.m. Tuesday, 10 a.m. to 5 p.m. Wednesday through Sunday. FREE. 446-4677.

State Capitol and Museum, 10th Street and Capitol Mall

Following seven years of restoration, the Capitol has been returned to its grandeur of the period 1900-1910. The first floor contains several museums, including the Governor's Suite, and the offices of the secretary of state, attorney general and two treasurers. It is open daily, with hourly tours from 9 a.m. to 4 p.m. Group reservations are required. FREE. 324-0333.

The California Almond Growers Exchange, 1701 C Street

This is the largest almond factory in the world and markets almonds in all 50 states as well as 88 foreign countries. The visitor's center is open Monday through Friday from 8 a.m. to 5:30 p.m. and Saturdays from 10 a.m. to 4 p.m. Tours are available everyday except Saturdays.

State Indian Museum, 27th and K Streets

Located at Sutter's Fort, the museum houses many exhibits and Native American artifacts. A Maidu Indian legend puppet show is performed at 11:30 a.m.; films are shown at 12:30 and 2:30 p.m. on Saturday and Sunday. FREE. 445-4209.

Old Eagle Theatre, Front and J Streets

The first building constructed as a theater in California (circa 1849), plays and musicals are offered here on weekends. It is open for tours Tuesday-Sunday from 10 a.m. to 5 p.m. FREE. 446-6761.

B. F. Hastings Buildings, 2nd and J Streets

Constructed in 1852, the museum houses the California Supreme Court, the western terminus of the Pony Express and Wells Fargo Bank. It is open Tuesday through Sunday from 10 a.m. until 5 p.m. FREE. 445-4209.

Big Four Building/Dingley Spice Mill, 113 I Street

Located here are the Hunnington-Hopkins Hardware Store, the Railroad Museum's research library and art gallery and a gift shop. It is open Tuesday through Saturday, 10 a.m. to 5 p.m. FREE. 445-4209.



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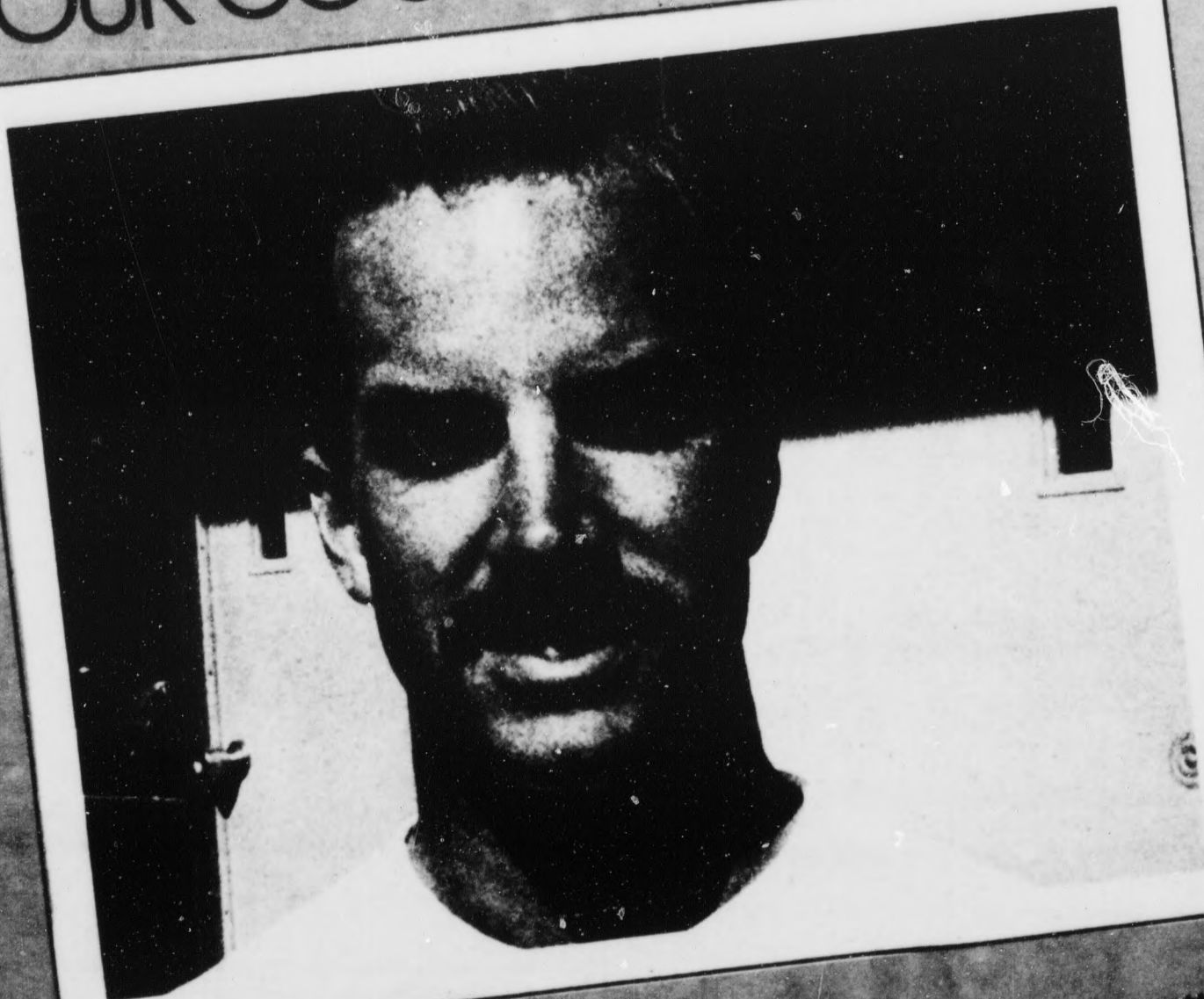
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